



5 benefits to embracing slow work

1. GETTING OFF THE "HAMSTER WHEEL"
2. PUTTING YOUR EFFORTS INTO FOCUSED WORK
3. LEANING INTO FLASHES OF INSPIRATION
4. USING THE "PARETO PRINCIPLE"
5. CREATING SUSTAINABLE SUCCESS

Progress

After our face-to-face meeting in Granada, the partners started working on the second result, designing the **toolkit for workers**.

For this purpose, the consortium took as departure point the list of 12 work pace enemies already developed in the first result, but now finding the particular needs of the employees, a different target than the managers.

The final product will be a toolbox for workers and employees in the management of work pace in order to reduce stress and improve productivity.

Partners





Results

There are three results that were tested and multiplied:

01. 'SLOW BOSS', focused on **managers** work pace and company leaders who need to handle with daily frantic rhythm of work.

02. 'WORK SLOW, WORK BETTER' consists of a toolkit designed for **workers** who deal with stress and can be impacted by non-healthy working atmospheres which result in a lack of productivity.

03. 'SLOW TRAINING'. The project consortium will develop a training material coming from the previous outputs for the companies and **facilitators** to implement it through an online system. .

Aims

- Reduce the work pace
- Maximize the use of time
- Improve productivity without increasing time at workplace

What is next?

Due to the pandemic and the sanitary measures imposed within the countries, the partners have organised online meetings to replace the scheduled Transnational Project Meetings. For this reason, the consortium held an online meeting in January 2022.

For the next phase of the project titled "**Slow trainig**", the partners will develop a manual for coaches, trainers and facilitators to implement the SNAIL training system in companies.



[HTTP://WWW.SLOW-WORK.EU/](http://www.slow-work.eu/)

[HTTPS://WWW.FACEBOOK.COM/SNAILPROJECT](https://www.facebook.com/snailproject)



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